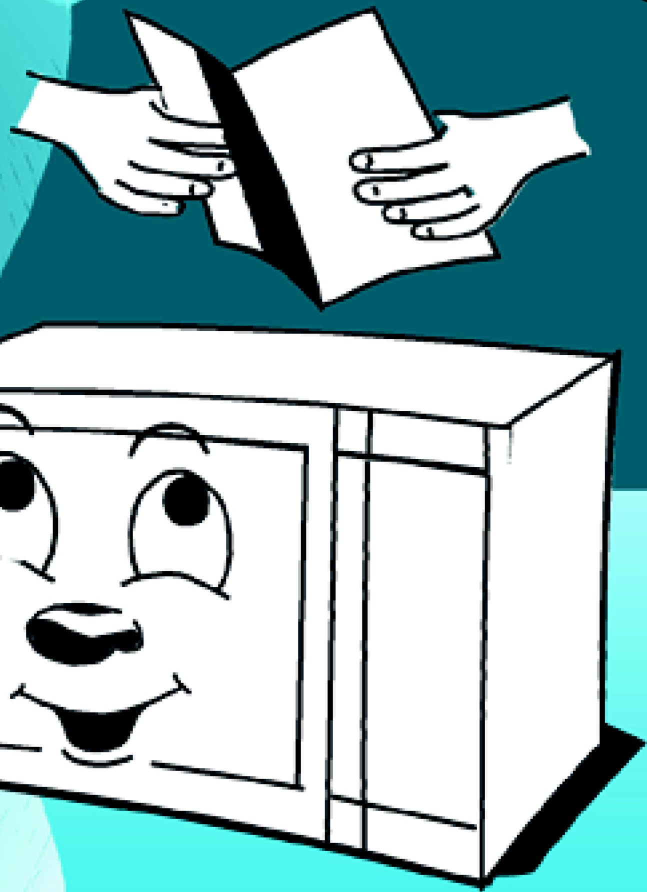
Whirlpool® Home Appliances

惠而浦微波炉

使用说明书



P2563

Precautions

Precautions to avoid possible exposure to excessive microwave energy.

You cannot operate your oven with the door open due to the safety interlocks built into the door mechanism. These safety interlocks automatically switch off any cooking activity when the door is opened; which in the case of a microwave oven could result in harmful exposure to microwave energy.
It is important not to tamper with the safety interlocks.

Do not place any object between the oven front face and the door or allow food or cleaner residue to accumulate on sealing surfaces.

Do not operate your oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the: (1) door(bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.

Your oven should not be adjusted or repaired by anyone except qualified service personnel.

Warning

Please ensure cooking times are correctly set as over cooking may result in the FOOD catching fire and subsequent damage to your oven.

When heating liquids, e.g. soups, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid. To prevent this possibility the following steps should be taken:

1 Avoid using straight sided containers with narrow necks.

2 Do not overheat.

3 Stir the liquid before placing the container in the oven and again halfway through the heating time.

4 After heating, allow to stand in the oven for a short time, stir or shake them again carefully and check the temperature of them before consumption to avoid burns (especially, contents of feeding bottles and baby food jars).
Be careful when handling the container.

Warning

Always allow food to stand after being cooked by microwaves and check the temperature of them before consumption. Especially contents of feeding bottles and baby food jars.

Contents

How the Microwave Oven Works

Microwaves are a form of energy similar to radio and television waves and ordinary daylight. Normally, microwaves spread outwards as they travel through the atmosphere and disappear without effect. Microwave ovens, however, have a magnetron which is designed to make use of the energy in microwaves. Electricity, supplied to the magnetron tube, is used to created microwave energy.

These microwaves enter the cooking area through openings inside the oven. A turntable or tray is located at the bottom of the oven. Microwaves cannot pass through metal walls of the oven, but they can penetrate such materials as glass, porcelain and paper, the materials out of which microwave-safe cooking dishes are constructed.

Microwaves do not heat cookware, though cooking vessels will eventually get hot from the heat generated by the food.

A very safe appliance

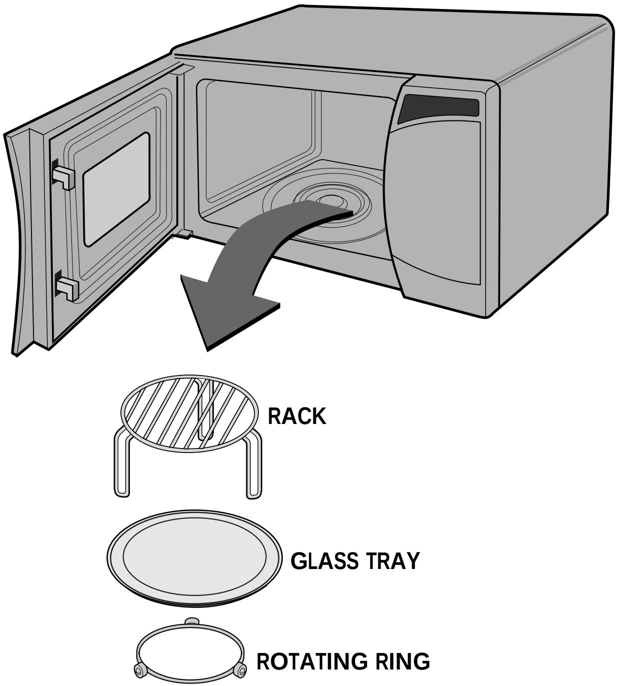
Your microwave oven is one of the safest of all home appliances. When the door is opened, the oven automatically stops producing microwaves. Microwave energy is converted completely to heat when it enters food, leaving no “left over” energy to harm you when you eat your food.

Precautions ____ *2*
Contents ____ *3*
Unpacking & Installing ____ *4 ~ 5*
Parts of Your Oven ____ *6*
Setting the Clock ____ *7*
Child Lock ____ *8*
Micro Power Cooking ____ *9*
Micro Power Level ____ *10*
Jet Start ____ *11*
Grill Cooking ____ *12*
Combination Cooking ____ *13*
Auto Cook ____ *14 ~ 16*
Auto Defrost ____ *17 ~ 18*
Kitchen Timer ____ *19*
Safety precautions ____ *20*
Microwave - safe Utensils ____ *21*
Food characteristics & Microwave cooking ____ *22 ~ 23*
Questions & Answers ____ *24*
Plug Wiring Information/Technical Specifications ____ *25*

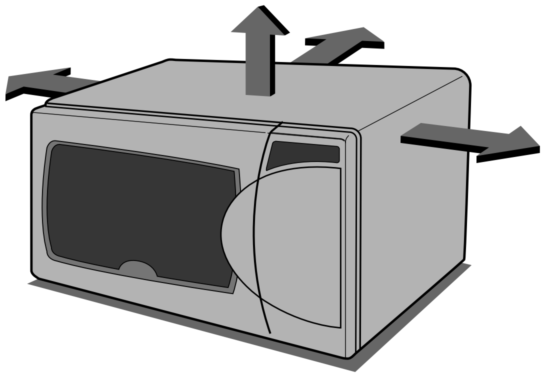
Unpacking & Installing

By following the basic steps on these two pages you will be able to quickly check that your oven is operating correctly. Please pay particular attention to the guidance on where to install your oven. When unpacking your oven make sure you remove all accessories and packing. Check to make sure that your oven has not been damaged during delivery.

1. Unpack your oven and place it on a flat level surface.



2. Place the oven in the level location of your choice with more than 85cm height but make sure there is at least 30cm of space on the top and 10cm at the rear for proper ventilation. The front of the oven should be at least 8cm from the edge of the surface to prevent tipping.
An exhaust outlet is located on top or side of the oven. Blocking the outlet can damage the oven.

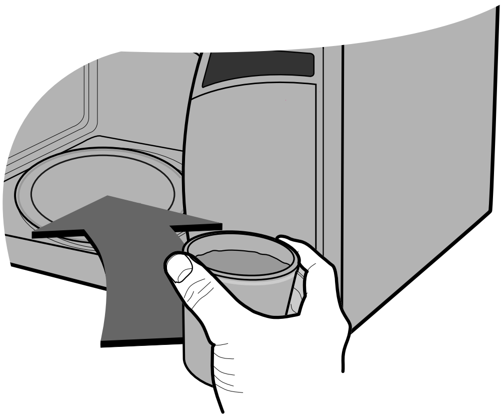


THIS OVEN SHOULD NOT BE USED FOR COMMERCIAL CATERING PURPOSES

3 Plug your oven into a standard household socket. Make sure your oven is the only appliance connected to the socket. **If your oven does not operate properly, unplug it from the electrical socket and then plug it back in.**

4 Open your oven door by pulling the **DOOR HANDLE**. Place the **ROLLER REST** inside the oven and place the **GLASS TRAY** on top.

5 Fill a **microwave safe container** with 300 ml (1/2 pint) of water. Place on the **GLASS TRAY** and close the oven door. If you have any doubts about what type of container to use please refer to page 21.



6 Press the **START** button six times to set 3 minutes of cooking time. You will hear a BEEP each time you press the button. Your oven will start before you have finished the sixth press; don't worry this is normal.



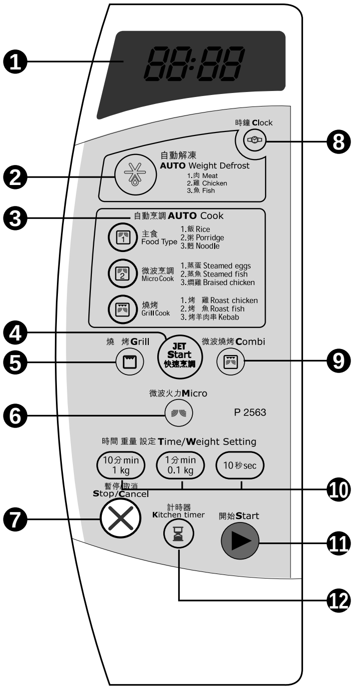
7 The **DISPLAY** will count down from 3 minutes. When it reaches 0 it will sound four BEEPS. Open the oven door and test the temperature of the water. If your oven is operating the water should be warm. **Be careful when removing the container it may be hot.**



YOUR OVEN IS NOW INSTALLED

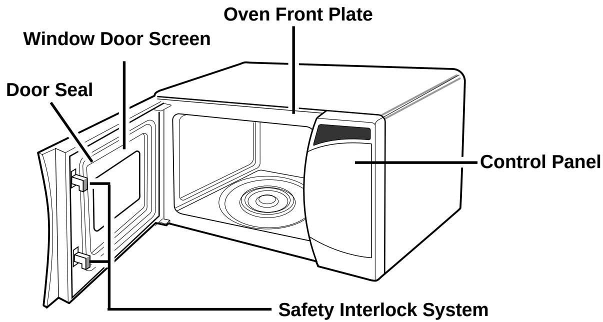
Parts of
Your Oven

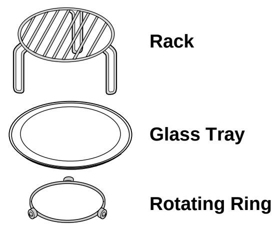
CONTROL PANEL



1. **DIGITAL DISPLAY:** This display includes a 24 hour clock or displays the cooking time.
2. **AUTO DEFROST:** Used to select the auto weight defrost.
3. **AUTO COOK:** Used to cook the food listed by one touch.
4. **JET START:** The JET START feature allows you to set 30 seconds intervals of HIGH power cooking with a touch of the START key.
5. **GRILL:** Used to select the grill cooking.
6. **MICRO:** Used to select the desired power level for microwave cooking.
7. **STOP/CANCEL:** Used to stop oven and clear all entries except time of day.
8. **CLOCK BUTTON:** Use this button to select the 24 hour clock and set the time of day or the time resolution of the cooking clock.
9. **COMBI:** Used to select the combination cooking.
10. **TIME:** To set cooking times.
11. **START:** One tap allows oven to begin functioning.
12. **KITCHEN TIMER:** The KITCHEN TIMER is simply counting down in seconds.

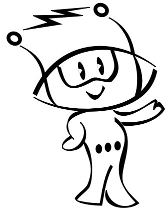
OVEN OVERVIEW





Setting the Clock

You can set either 12 hour clock or 24 hour clock.
In the following example I will show you how to set the time for 14:35 when using the 24 clock.
Make sure that you have removed all packaging from your oven.



When your oven is plugged in for the first time or when power resumes after a power cut, a ‘0’ will be shown in the display; you will have to reset the clock.

If the clock (or display) shows any strange looking symbols, unplug your oven from the electrical socket and plug it back in and reset the clock.

During clock setting the colon will flash, After setting, the colon will stop flashing.

1

Make sure that you have correctly installed your oven as described earlier in this book.

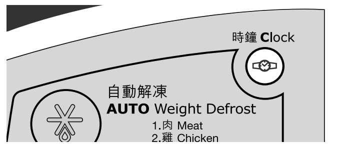
Press **STOP/CANCEL.**



2

Press **CLOCK** once.

(If you want to use a 12 hour clock, Press **CLOCK** once more.
If you want to change different option after setting clock,
you have to unplug and plug it back in.)



3

Press **10 MIN** fifteen times.
Press **1 MIN** three times.
Press **10 SEC** five times.

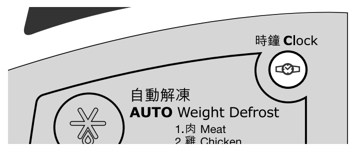
If the key (10 MIN / 1 MIN / 10 SEC) is pressed and held, the time will increase rapidly.



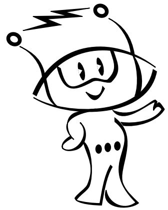
4

Press **CLOCK** to set the time.

The clock starts counting.



Child
Lock



Your oven has a safety feature that prevents accidental running of the oven.
Once the child lock is set, you will be unable to use any functions and no cooking can take place.
However your child can still open the oven door!

1

Press **STOP/CANCEL.**



2

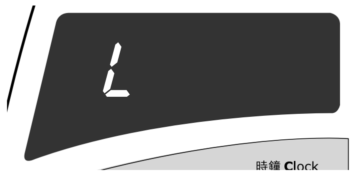
Press and hold **STOP/CANCEL** until “**L**” appears on the display and one BEEP is heard.
The **CHILD LOCK** is now set.

The time will disappear on the display if you have set the clock.



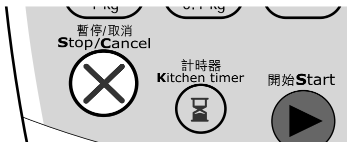
3

“**L**” will remain displayed to let you know that **CHILD LOCK** is set.



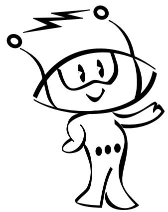
4

To cancel **CHILD LOCK** press and hold **STOP/CANCEL** until “**L**” disappears.
You will hear one BEEP when it’s released.



Micro Power Cooking

In the following example I will show you how to cook some food on 80% power for 5 minutes and 30 seconds.



Your oven has five microwave Power settings. High power is automatically selected but repeated presses of the **MICRO** button will select different power levels.

POWER	Press **MICRO**		**%**
HIGH MAX	1	time	100%
MEDIUM HIGH	2	times	80%
MEDIUM	3	times	60%
DEFROST MEDIUM LOW	4	times	40%
LOW	5	times	20%

1

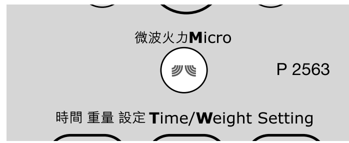
Make sure that you have correctly installed your oven as described earlier in this book.

Press **STOP/CANCEL.**



2

Press **MICRO POWER** twice to select 80% power.
“P-80” appears on the display.



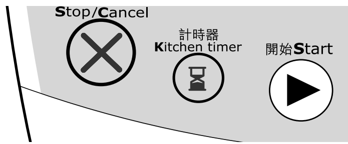
3

Press **1 MIN** five times.
Press **10 SEC** three times.



4

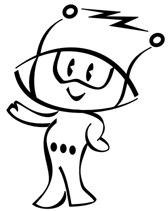
Press **START**.



Micro Power Level

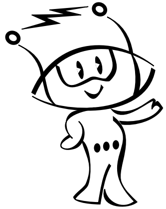
Your microwave oven is equipped with 5 power levels to give you maximum flexibility and control over cooking. The table below shows the examples of food and their recommended cooking power levels for use with this microwave oven.

POWER LEVEL	OUTPUT	USE
HIGH	100%	* Boil Water * Brown minced beef * Cook poultry pieces, fish, vegetables * Cook tender cuts of meat
MEDIUM HIGH	80%	* All reheating * Roast meat and poultry * Cook mushrooms and shellfish * Cook foods containing cheese and eggs
MEDIUM	60%	* Bake cakes and scones * Prepare eggs * Cook custard * Prepare rice, soup
DEFROST / MEDIUM LOW	40%	* All thawing * Melt butter and chocolate * Cook less tender cuts of meat
LOW	20%	* Soften butter & cheese * Soften ice cream * Raise yeast dough



Jet Start

In the following example I will show you how to set 2 minutes of cooking on high power.

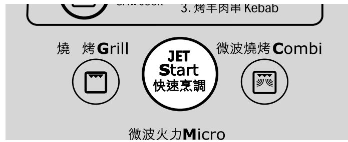


The **JET START** feature allows you to set 30 seconds intervals of HIGH power cooking with a touch of the **JET START** key.

1. Press **STOP/CANCEL.**



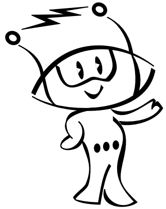
2. Press **JET START** four times to select 2 minutes on HIGH power.
Your oven will start before you have finished the fourth press.



3. During **JET START** cooking, you can extend the cooking time up to 10 minutes by repeatedly pressing the **JET START** key.

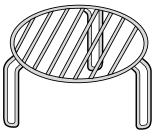
Grill Cooking

In the following example I will show you how to use the grill to cook some food for 12 minutes and 30 seconds.



This model is fitted with a **SHEATH GRILL**, so preheating is not needed.

This feature will allow you to brown and crisp food quickly.

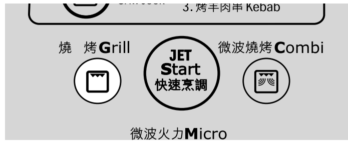


RACK

1 Press **STOP/CANCEL.**



2 Press **GRILL.**

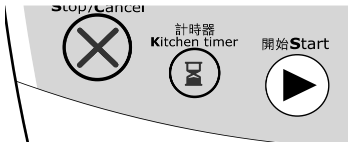


3 Set the cooking time.

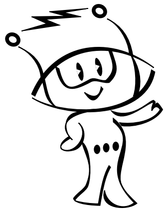
Press **10 MIN** once.
Press **1 MIN** twice.
Press **10 SEC** three times.



4 Press **START.**



In the following example I will show you how to programme your oven with combi mode co-3 for a cooking time of 25 minutes.



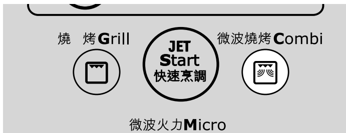
Your oven has a combination cooking feature which allows you to cook food with **heater** and **microwave** at the same time (or alternately). This generally means it takes less time to cook your food.

The **sheath heater** grills the surface of the food while **microwave** heats inside. Moreover, preheating your oven is not necessary.

1. Press **STOP/CANCEL.**



2. Press **COMBI** three times.
“Co-3” appears on the display.

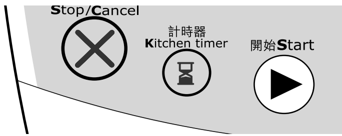


3. Set the cooking time.
Press **10 MIN** two times.
Press **1 MIN** five times.



4. Press **START.**

Be careful when removing your food because the container will be hot!

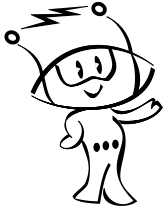


Combination Cooking Mode

CATEGORY	MICRO POWER	HEATER POWER
Co-1	12 Sec	48 Sec
Co-2	18 Sec	42 Sec
Co-3	30 Sec	30 Sec

Auto Cook

In the following example I will show you how to cook rice.



AUTO COOK allows you to cook most of your favorite food easily by selecting the food type.

NOTE:
When cooking vegetables with the AUTO COOK function only microwave mode is used, but when cooking meat, grill and microwave modes are used alternately.

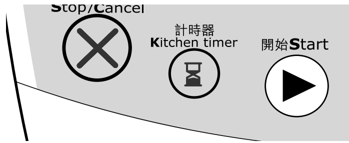
1. Press **STOP/CANCEL.**



2. Press **AUTO COOK** button of the required food type.
In this example press **FOOD TYPE** once.



3. Press **START.**



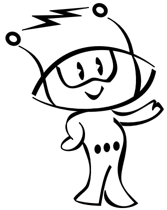
AUTO COOKING GUIDE

Category	*Food*	*Food Weight*	*Utensil*	*Methods*
Food Type	Rice	350g Rice, 550ml water	deep and large bowl/lid	Wash rice and pour water into a deep & large microwavable bowl(about 3 ℓ).Cook with cover.After cooking,stir lightly and stand with cover for for 5 minutes.
	Porridge	100g Rice,1200ml water	deep and large bowl/lid	Wash rice and pour water into a deep & large microwavable bowl(about 3 ℓ).Cook with cover.After cooking,stir lightly and stand with cover for for 5 minutes.
	Instant Noodles	1 package 400ml water	Bowl/lid or wrap	According to cooking method printed on package. Use water at room temperature.
Micro Cook	Steamed Eggs	3 eggs,90ml water 3 peeled shrimp, crab meat, chicken stock, salt, wine.	Bowl/lid or wrap	Combine the ingredients into a microwable bowl. Beat lightly,Then cook with cover.
	Steamed Fish	500g whole fish, wine, ginger, salt, green onion, soup stock	Plate/wrap	Wash the fish,remove its scales and make several slashes on it.Sprinkle lightly with soup stock,salt and wine.Scatter ginger and green onion slices on top . Then cook with cover.
	Braised Chicken	500g half chicken, 600ml water, 50g jujube, 15g Chinese wolfberry, 5 longan, 3-5g ginseng, 15g yellow wine, rock sugar, green onion, soup stock	deep and large bowl/lid	Rinse and soak all the herbs into 600ml water for at least 2 hours.Cut the chicken half into 4 to 6 pieces. Put the chicken pieces and seasonings into the soaking herbs.Then cook with cover.

AUTO COOKING GUIDE

Category	*Food*	*Food Weight*	*Utensil*	*Methods*
Grill Cook	Roast Chicken	1 whole chicken 1.1-1.2kg	Microwave-safe plate	Wash the chicken and dry. Marinate chicken for an 30 minutes with seasonings in the room. Place chicken on the microwave-safe plate.No cover. Then cook.During the cooking,turn food over at beep. And press start.
	Roast Fish	1 whole fish approx.300g	Rack	Grease the surface with soybean sauce and set aside about 30 minutes.Place the food on the rack.No cover. Then cook.During the cooking,turn food over at beep. And press start.
	Kebab	8-10 skewers approx.300g	Rack	Remove kebab from the package.Place food on the rack. No cover.Cook.During the cooking,turn food over at beep.And press start key.After cooking,stand.

The temperature and density of food varies, I would recommend that the food is checked before cooking commences. Pay particular attention to large joints of meat and chicken, some foods should not be completely thawed before cooking. For example fish cooks so quickly that it is sometimes better to begin cooking while still slightly frozen. In the following example I will show you how to defrost 1.4Kg of frozen poultry.



Your oven has three microwave defrost settings:- **MEAT, CHICKEN** and **FISH**; each defrost category has different power settings. Repeated presses of the **AUTO DEFROST** buttons will select different settings.

Category	Press **DEFROST**	
MEAT	1	time
CHICKEN	2	times
FISH	3	times

1. Press **STOP / CANCEL.**
Weigh the food that you are about to defrost. Be certain to remove any metallic ties or wraps; then place the food in your oven and close the oven door.

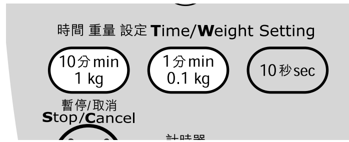


2. Press **AUTO DEFROST** twice to select the **CHICKEN** defrosting programme. "**dEF2**" appears on the display window.

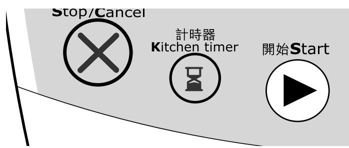


3. Enter the weight of the frozen food that you are about to defrost.

Press **1 KG** once.
Press **0,1 KG** four times.



4. Press **START**.

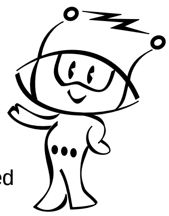


5. During defrosting your oven will "BEEP", at which point open the oven door, turn food over and separate to ensure even thawing. Remove any portions that have thawed or shield them to help slow down thawing. After checking close the oven door and press **START** to resume defrosting.
Your oven will not stop defrosting (even when the beep sounds) unless the door is opened.

AUTO WEIGHT DEFROST

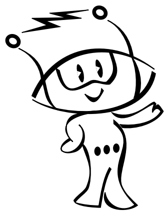
FOOD	*AMOUNT*	*UTENSIL*	*FOOD*
MEAT **CHICKEN** **FISH**	0.1 ~ 4.0kg	Microwave ware (Flat plate)	**Meat** Minced beef, Fillet steak, Cubes for stew, Sirloin steak, Pot roast, Rump roast, Beef burger Pork chops, Lamp chops, Rolled roast, Sausage, Cutlets(.2cm) Turn food over at beep. After defrosting, let stand for 5-15 minutes.
			Chicken Whole chicken, Legs, Breasts, Turkey breasts(under 2.0kg) Turn food over at beep. After defrosting, let stand for 20-30 minutes.
			Fish Fillets, Steaks, Whole fish, Sea foods Turn food over at beep. After defrosting, let stand for 10-20 minutes.

* The benefit of this Auto Defrost feature is automatic setting and control of defrosting, but just like conventional defrosting you must check the food during the defrosting time.
* For best results, remove fish, shellfish, meat and poultry from its original paper or plastic package(wrapper). Otherwise, the wrap will hold steam and juice close to the food which can cause the outer surface of the food to cook.
* Place foods in a shallow glass baking dish to catch drippings.
* Food should still be some what icy in the centre when removed from the oven.
* When it is difficult to remove the wrap from the food, defrost the wrapped food for about a quarter of the total defrost time, which is displayed at the beginning of the defrost cycle. Then remove the food from the oven and remove the wrap from the food.
* Sliced bread should be placed between sheets of kitchen towel and bread rolls should be cut in half before defrosting.



Kitchen Timer

In the following example I will show you how to set the timer for 15 minutes.



Your oven also has a Timer that can be used for noncooking functions. When used as an independent timer, the oven is not running. The Timer is simply counting down in seconds.

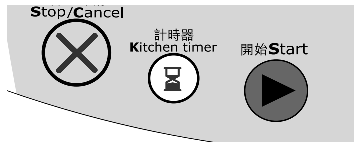
1

Press **STOP/CANCEL.**



2

Press **KITCHEN TIMER.**



3

To enter amount of time you want to count down.

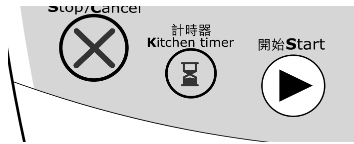
Press **10 MIN** once.
Press **1 MIN** five times.



4

Press **START**.

The time will begin counting down in the display window withe no cooking or heating in the oven. BEEP sounds and the word “End” will show in the display window at the end of the countdown period.



Important safety instructions

Read carefully and keep for future reference

WARNING
Please ensure cooking times are correctly set as over cooking may result in FIRE and subsequent DAMAGE to the OVEN.

1 Do not attempt to tamper with, or make any adjustments or repairs to the door, control panel, safety interlock switches or any other part of the oven. It is hazardous for anyone to carry out any service or repair operation which involves the removal of any cover which gives protection against exposure to microwave energy. Repairs should only be undertaken by a qualified service technician.

2 Do not operate the oven when empty. It is best to leave a glass of water in the oven when not in use. The water will safely absorb all microwave energy, if the oven is accidentally started.

3 Do not dry clothes in the microwave oven, which may become carbonized or burned if heated too long.

4 Do not cook food wrapped in paper towels, unless your cook book contains instructions, for the food you are cooking.

5 Do not use newspaper in place of paper towels for cooking.

6 Do not use wooden containers. They may heat-up and char. Do not use ceramic containers which have metallic (e.g. gold or silver) inlays. Always remove metal twist ties. Metal objects in the oven may arc, which can cause serious damage.

7 Do not operate the oven with a kitchen towel, a napkin or any other obstruction between the door and the front edges of the oven, which may cause microwave energy leakage.

8 Do not use recycled paper products since they may contain impurities which may cause sparks and/or fires when used in cooking.

9 Do not rinse the turntable by placing it in water just after cooking. This may cause breakage or damage.

10 Small amounts of food require shorter cooking or heating time. If normal times are allowed they may overheat and burn.

11 Be certain to place the oven so the front of the door is 8 cm or more behind the edge of the surface on which it is placed, to avoid accidental tipping of the appliance.

12 Before cooking, pierce the skin of potatoes, apples or any such fruit or vegetable.

13 Do not cook eggs in their shell. Pressure will build up inside the egg which will burst.

14 Do not attempt deep fat frying in your oven.

15 Remove the plastic wrapping from food before cooking or defrosting. Note though that in some cases food should be covered with plastic film, for heating or cooking.

16 If the oven door or door seals are damaged, the oven must not be operated until it has been repaired by a qualified service technician.

17 If smoke is observed, switch off or disconnect the oven from the power supply and keep the oven door closed in order to stifle any flames.

18 When food is heated or cooked in disposable containers of plastic, paper or other combustible materials, check the oven frequently due to the possibility of the food container is deteriorating.

19 Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

20 Liquids or other foods must not be heated in sealed containers since they are liable to explode.

Never use metal or metal trimmed utensils in your microwave oven

Microwaves cannot penetrate metal. They will bounce off any metal object in the oven and cause arcing, an alarming phenomenon that resembles lightning.

Most heat resistant non metallic cooking utensils are safe for use in your microwave oven. However, some may contain materials that render them unsuitable as microwave cookware. If you have any doubts about a particular utensil, there's a simple way to find out if it can be used in your microwave oven.

Place the utensil in question next to a glass bowl filled with water in the microwave oven. Microwave at power HIGH for 1 minute. If the water heats up but the utensil remains cool to the touch, the utensil is microwave~safe. However, if the water does not change temperature but the utensil becomes warm, microwaves are being absorbed by the utensil and it is not safe for use in the microwave oven. You probably have many items on hand in your kitchen right now that can be used as cooking equipment in your microwave oven. Just read through the following checklist.

Dinner plates

Many kinds of dinner-ware are microwave-safe. If in doubt consult the manufacturer's literature or perform the microwave test.

Glassware

Glassware that is heat-resistant is microwave-safe. This would include all brands of oven tempered glass cookware. However, do not use delicate glassware, such as tumblers or wine glasses, as these might shatter as the food warms.

Plastic storage containers

These can be used to hold foods that are to be quickly reheated. However, they should not be used to hold foods that will need considerable time in the oven as hot foods will eventually warp or melt plastic containers.

Paper

Paper plates and containers are convenient and safe to use in your microwave oven, provided that the cooking time is short and foods to be cooked are low in fat and moisture. Paper towels are also very useful for wrapping foods and for lining baking trays in which greasy foods such as bacon are cooked. In general, avoid coloured paper products as the colour may run. Some recycled paper products may contain impurities which could cause arcing or fires when used in the microwave oven.

Plastic cooking bags

Provided they are made specially for cooking, cooking bags are microwave safe. However, be sure to make a slit in the bag so that steam can escape. Never use ordinary plastic bags for cooking in your microwave oven, as they will melt and rupture.

Plastic microwave cookware

A variety of shapes and sizes of microwave cookware are available. For the most part, you can probably use items you already have on hand rather than investing in new kitchen equipment.

Pottery, stoneware and ceramic

Containers made of these materials are usually fine for use in your microwave oven, but they should be tested to be sure.

CAUTION

Some items with high lead or iron content are not suitable for cooking utensils.

Utensils should be checked to ensure that they are suitable for use in microwave ovens.

Food characteristics& Microwave cooking

Keeping an eye on things

The recipes in the book have been formulated with great care, but your success in preparing them depends on how much attention you pay to the food as it cooks. Always watch your food while it cooks. Your microwave oven is equipped with a light that turns on automatically when the oven is in operation so that you can see inside and check the progress of your food. Directions given in recipes to elevate, stir, and the like should be thought of as the minimum steps recommended. If the food seems to be cooking unevenly, simply make the necessary adjustments you think appropriate to correct the problem.

Factors affecting microwave cooking times

Many factors affect cooking times. The temperature of ingredients used in a recipe makes a big difference in cooking times. For example, a cake made with ice-cold butter, milk, and eggs will take considerably longer to bake than one made with ingredients that are at room temperature. All of the recipes in this book give a range of cooking times. In general, you will find that the food remains under-cooked at the lower end of the time range, and you may sometimes want to cook your food beyond the maximum time given, according to personal preference. The governing philosophy of this book is that it is best for a recipe to be conservative in giving cooking times. While overcooked food is ruined for good. Some of the recipes, particularly those for bread, cake, and custards, recommend that food be removed from the oven when they are slightly undercooked. This is not a mistake. When allowed to stand, usually covered, these foods will continue to cook outside of the oven as the heat trapped within the outer portions of the food gradually travels inward. If the food is left in the oven until it is cooked all the way through, the outer portions will become overcooked or even burnt. You will become increasingly skilful in estimating both cooking and standing times for various foods.

Density of food

Light, porous food such as cakes and breads cook more quickly than heavy, dense foods such as roasts and casseroles. You must take care when microwaving porous food that the outer edges do not become dry and brittle.

Height of food

The upper portion of tall food, particularly roasts, will cook more quickly than the lower portion. Therefore, it is wise to turn tall food during cooking, sometimes several times.

Moisture content of food

Since the heat generated from microwaves tends to evaporate moisture, relatively dry food such as roasts and some vegetables should either be sprinkled with water prior to cooking or covered to retain moisture.

Bone and fat content of food

Bones conduct heat and fat cooks more quickly than meat. Care must be taken when cooking bony or fatty cuts of meat that they do not cook unevenly and do not become overcooked.

Quantity of food

The number of microwaves in your oven remains constant regardless of how much food is being cooked. Therefore, the more food you place in the oven, the longer the cooking time. Remember to decrease cooking times by at least one third when halving a recipe.

Shape of food

Microwaves penetrate only about 2.cm into food, the interior portion of thick foods are cooked as the heat generated on the outside travels inward. Only the outer edge of food in cooked by microwave energy; the rest is cooked by conduction. The worst possible shape for a food that is to be microwaved is a thick square. The corners will burn long before the centre is even warm . Round thin foods and ring shaped foods cook successfully in the microwave.

Covering

A cover traps heat and steam which causes food to cook more quickly. Use a lid or microwave cling film with a corner folded back to prevent splitting.

Browning

Meats and poultry that are cooked fifteen minutes or longer will brown lightly in their own fat. Food that are cooked for a shorter period of time may be brushed with a browning sauce such as worcestershire sauce, soy sauce or barbecue sauce to achieve an appetizing colour. Since relatively small amounts of browning sauces are added to food the original flavour of the recipe is not altered.

Covering with greaseproof paper

Greaseproofing effectively prevents spattering and helps food retain some heat. But because it makes a looser cover than a lid or clingfilm, it allows the food to dry out slightly.

Arranging and spacing

Individual foods such as baked potatoes, small cakes and hors d’oeuvres will heat more evenly if placed in the oven an equal distance apart, preferably in a circular pattern. Never stack foods on top of one another.

Stirring

Stirring is one of the most important of all microwaving techniques. In conventional cooking, food is stirred for the purpose of blending. Microwaved food, however, is stirred in order to spread and redistribute heat. Always stir from the outside towards the centre as the outside of the food heats first.

Turning over

Large, tall foods such as roasts and whole chickens should be turned so that the top and bottom will cook evenly. It is also a good idea to turn cut up chicken and chops.

Placing thicker portions facing outwards

Since microwaves are attracted to the outside portion of food, it makes sense to place thicker portions of meat, poultry and fish to the outer edge of the baking dish. This way, thicker portions will receive the most microwave energy and the food will cook evenly.

Shielding

Strips of aluminium foil (which block microwaves) can be placed over the corners or edges of square and rectangular foods to prevent those portions from overcooking. Never use too much foil and make sure the foil is secured to the dish or it may cause ‘arcing’ in the oven.

Elevating

Thick or dense foods can be elevated so that microwaves can be absorbed by the underside and centre of the foods.

Piercing

Foods enclosed in a shell, skin or membrane are likely to burst in the oven unless they are pierced prior to cooking. Such foods include yolks and whites of eggs, clams and oysters and whole vegetables and fruits.

Testing if cooked

Food cooks so quickly in a microwave oven, it is necessary to test it frequently. Some foods are left in the microwave until completely cooked, but most foods, including meats and poultry, are removed from the oven while still slightly undercooked and allowed to finish cooking during standing time. The internal temperature of foods will rise between 5°F (3°C) and 15°F (8°C) during standing time.

Standing time

Foods are often allowed to stand for 3 to 10 minutes after being removed from the microwave oven. Usually the foods are covered during standing time to retain heat unless they are supposed to be dry in texture (some cakes and biscuits, for example). Standing allows foods to finish cooking and also helps flavour blend and develop.

To Clean Your Oven

1 Keep the inside of the oven clean

Food spatters or spilled liquids stick to oven walls and between seal and door surface. It is best to wipe up spillovers with a damp cloth right away. Crumbs and spillovers will absorb microwave energy and lengthen cooking times. Use a damp cloth to wipe out crumbs that fall between the door and the frame. It is important to keep this area clean to assure a tight seal. Remove greasy spatters with a soapy cloth then rinse and dry. Do not use harsh detergent or abrasive cleaners. The glass tray can be washed by hand or in the dishwasher.

2 Keep the outside of the oven clean

Clean the outside of your oven with soap and water then with clean water and dry with a soft cloth or paper towel. To prevent damage to the operating parts inside the oven, the water should not be allowed to seep into the ventilation openings. To clean control panel, open the door to prevent oven from accidentally starting, and wipe a damp cloth followed immediately by a dry cloth. Press PAUSE/CANCEL after cleaning.

3 If steam accumulates inside or around the outside of the oven door, wipe the panels with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates a malfunction of the unit.

4 The door and door seals should be kept clean. Use only warm, soapy water, rinse then dry thoroughly.
DO NOT USE ABRASIVE MATERIALS, SUCH AS CLEANING POWDERS OR STEEL AND PLASTIC PADS.
Metal parts will be easier to maintain if wiped frequently with a damp cloth.

Questions & Answers

Q What's wrong when the oven light will not glow?
A There may be several reasons why the oven light will not glow.
Light bulb has blown
Door is not closed

Q Does microwave energy pass through the viewing screen in the door?
A No. The holes, or ports, are made to allow light to pass; they do not let microwave energy through.

Q Why does the beep tone sound when a pad on the Control Panel is touched?
A The beep tone sounds to assure that the setting is being properly entered.

Q Will the microwave oven be damaged if it operates empty?
A Yes Never run it empty or without the glass tray.

Q Why do eggs sometimes pop?
A When baking, frying, or poaching eggs, the yolk may pop due to steam build up inside the yolk membrane. To prevent this, simply pierce the yolk before cooking. Never microwave eggs in the shell.

Q Why is standing time recommended after microwave cooking is over?
A After microwave cooking is finished, food keeps on cooking during standing time. This standing time finishes cooking evenly throughout the food. The amount of standing time depends on the density of the food.

Q Is it possible to pop corn in a microwave oven?
A Yes, if using one of the two methods described below
1 Popcorn-popping utensils designed specifically for microwave cooking.
2 Prepackaged commercial microwave popcorn that contains specific times and power outputs needed for an acceptable final product.

FOLLOW EXACT DIRECTIONS GIVEN BY EACH MANUFACTURER FOR THEIR POPCORN PRODUCT. DO NOT LEAVE THE OVEN UNATTENDED WHILE THE CORN IS BEING POPPED. IF CORN FAILS TO POP AFTER THE SUGGESTED TIMES, DISCONTINUE COOKING. OVERCOOKING COULD RESULT IN THE CORN CATCHING FIRE.

CAUTION
NEVER USE A BROWN PAPER BAG FOR POPPING CORN. NEVER ATTEMPT TO POP LEFTOVER KERNELS.

Q Why doesn't my oven always cook as fast as the cooking guide says?
A Check your cooking guide again to make sure you've followed directions correctly, and to see what might cause variations in cooking time. Cooking guide times and heat settings are suggestions, chosen to help prevent overcooking, the most common problem in getting used to a microwave oven. Variations in the size, shape, weight and dimensions of the food require longer cooking time. Use your own judgement along with the cooking guide suggestions to test food condition, lust as you would do with a conventional cooker.

Warning

This appliance must be earthed

The wires in this mains lead are colored in accordance with the following codes
BLUE ~ Neutral
BROWN ~ Live
GREEN & YELLOW ~ Earth

As the colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug proceed as follows:

The wire which is colored BLUE must be connected to the terminal which is marked with the letter N or Colored BLACK.

The wire which is colored BROWN must be connected to the terminal which is marked with the letter L or colored RED.

The wire which is colored GREEN & YELLOW or GREEN must be connected to the terminal which is marked with the letter E or ⏚ .

If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard;

Technical Specification

	P2563
Power Input	220/230 V AC / 50Hz
Output	900 W (IEC60705 rating standard)
Microwave Frequency	2450 MHz
Outside Dimension	512 mm(W) X 307 mm(H) X 400 mm(D)
Power Consumption	
Microwave	1300 Watts
Grill	1000 Watts
Max	1300 Watts

預防措施

由於本微波爐的安全聯鎖裝置安裝在爐門結構中，所以當爐門開啓時，微波爐便不能啓動。當爐門開啓時，這些安全聯鎖裝置，會自動停止烹調，防止微波能量外洩。
切勿撥弄安全聯鎖裝置。

切勿將任何物件，放在微波爐正面和爐門之間，或容許食物或清潔劑殘餘物累積在密封表面。

若微波爐損毀，切勿啓動它。請確保爐門正確關上，並防止下列部件出現損損毀: (1) 爐門 (彎曲)，(2) 鉸鍊和插鎖 (損毀或鬆脫) (3) 門封條和密封表面。

除非由合資格人員進行維修，切勿私自進行調校或維修。

警告

請確保正確設定烹調時間，過度烹調食物，會導致食物起火，最終令爐具損毀•

當加熱液體如湯、醬汁和飲料時，即使超過沸點，亦可能没有汽泡出現，但液體可能突然受熱爆發。爲了防止上述情況發生，請採取以下步驟:

1. 請勿使用直身和窄頸的容器。

2. 不要過度加熱。

3. 先攪勻液體，才將容器放入微波爐加熱，並在加熱中途，再次攪勻液體。

4. 加熱完畢後，容許液體在微波爐内，停放一段短時間並小心攪勻，並在食用之前，檢查溫度以防止燙傷(特別是盛載嬰兒食物的容器和玻璃瓶)。當拿放容器時，請小心處理。

警告

讓微波爐加熱的食物停放一會兒，並在食用前，小心檢查溫度，特別是盛載嬰兒食物的容器和玻璃瓶•

目錄

微波爐怎樣運作

微波是類似收音機電波，電視電波和普通日光發出的一種能量。一般而言，微波在大氣運行時向外擴散，並在没有影響的情況下消失。微波爐內設有磁控管，目的是在微波爐內使用微波能量，而電能被供應到磁控管以製造微波能量。

這些微波從爐中的孔口進入烹煮範圍。爐的底部放有一個轉盤，雖然微波不能穿越爐的金屬壁，但它們能穿過玻璃、瓷器、紙張，以及微波爐專用的容器。

儘管烹煮容器最終會被食物中的熱能導熱，但微波是不會將餐具直接加熱的。

一件非常安全的電器

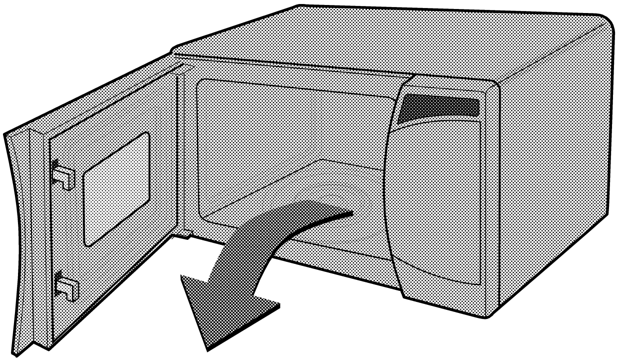
閣下的微波爐是一件非常安全的家用電器·當爐門被開啓時，微波爐會自動停止產生微波·當微波進入食物時，微波能量會被完全轉換爲熱量，當你進食時，並没有造成人身傷害的「殘餘」能量·

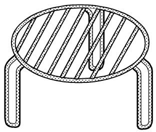
預防措施	2
目錄	3
拆開包裝及安裝	4~ 5
你的微波爐組件	6
設定時鐘	7
兒童鎖	8
微波爐火力烹調	9
微波爐火力級數	10
快速烹調	11
燒烤烹調	12
混合烹調	13
自動烹調	14~ 16
自動解凍	17~ 18
計時器	19
重要安全守則	20
微波爐適用容器	21
食物特性及微波烹調	22~ 23
問與答	24
插頭線路資料／技術規格	25

拆開包裝及安裝

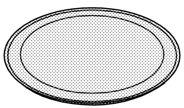
請遵照這兩頁的基本指示，閣下便可迅速檢查微波爐是否正常運作。請特別留意在何處安裝微波爐的指引。當拆開微波爐包裝後，請確保移除所有配件和包裝材料。請小心檢查微波爐，確保沒有在運輸途中被損毀。

1 拆開包裝材料並將微波爐安放在平穩的表面。

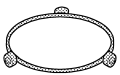




烤架



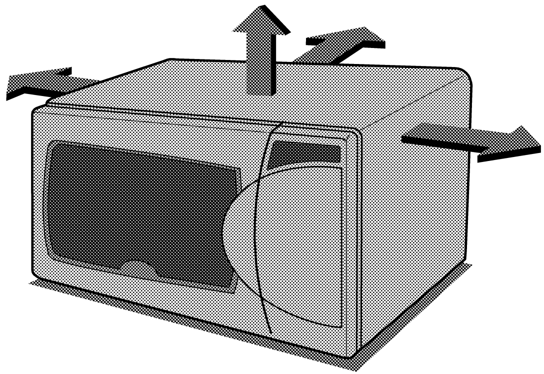
玻璃轉盤



轉盤架

2 將微波爐安放在平穩的位置，該位置要有85厘米高度以上，頂部最少留有30厘米的空間，及在背後留有10厘米的空間作通風之用。爐門正面應和邊沿表面，留有最少8厘米的距離，以防止翻倒。

排氣口位於微波爐的頂部或爐旁，若排氣口被阻塞，會損毀微波爐。

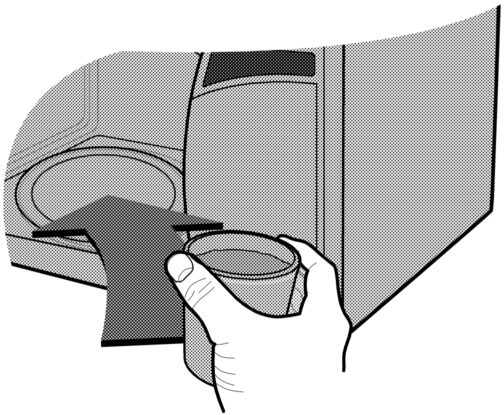


本微波爐不可作商業用途。

3 將微波爐插蘇插入標準的家居插座中。插座中不可插入其他電器。若微波爐運作不正常，請從插座中拔出插頭，然後再次插上插頭。

4 拉開門柄，開啓爐門。將轉盤架放入微波爐內，並將玻璃轉盤放在上面。

5 將300毫升(1/2品脫)的水，倒入微波爐專用的容器中，並將容器放在玻璃轉盤上，然後關閉爐門。若你不確定甚麼容器可在微波爐內使用，請參閱第21頁。



6 按下**START**「開始」鍵六次，並設定3分鐘的烹煮時間。當你每按鍵一次，便會聽到咇一聲響。在未完成六次的按鍵動作，微波爐已開始操作。請不要擔憂，這屬於正常現象。



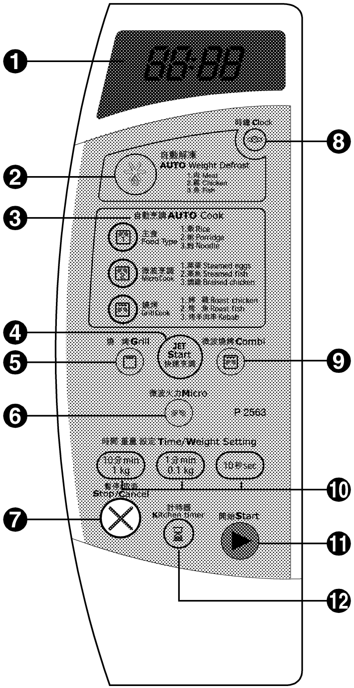
7 顯示屏會由3分鐘開始倒數計時。當到達0時，微波爐會發出四次咇聲。請開啓爐門，檢查水溫。若微波爐在正常操作，水應該是微溫的。當移走容器時，請務必小心，因容器可能很熱。



閣下的微波爐已被安裝妥當

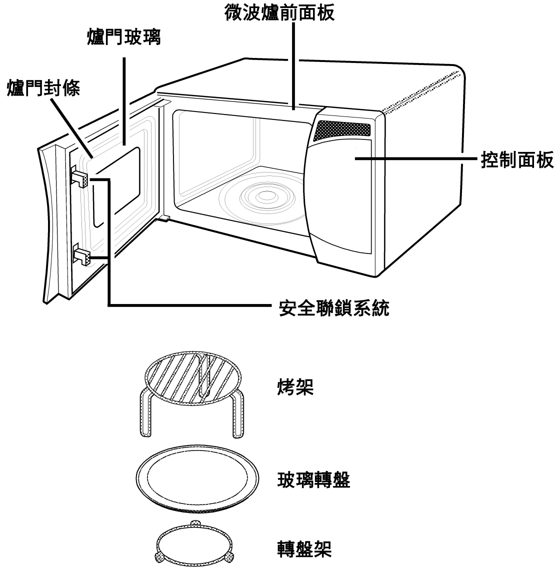
你的微波爐組件

控制面板



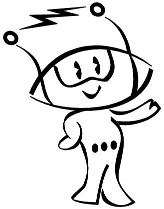
1. **DIGITAL DISPLAY** 數碼顯示屏：顯示屏包括一個24小時時鐘或煮食時間顯示。
2. **AUTO DEFROST** 自動解凍：使用此按鈕以選擇解凍功能。
3. **AUTO COOK** 自動烹調：使用一按功能選擇烹調相應的食物種類。
4. **JET START** 快速烹調：輕按Jet Start「快速烹調」按鈕，你可設定在30秒的情況下，以高火力烹調食物。
5. **GRILL** 燒烤：使用此按鈕以選擇燒烤功能。
6. **MICRO** 微波：使用此按鈕以選擇微波煮食所需的火力級數。
7. **STOP/CANCEL** 暫停/取消：使用此按鈕，停止微波爐操作及清除所有已輸入資料(當天時間除外)。
8. **CLOCK BUTTON** 時鐘按鈕：使用此按鈕選擇24小時時鐘及設定每日時間或煮食時鐘的解像度。
9. **COMBI** 混合：使用此按鈕以選擇混合烹調功能。
10. **TIME/WEIGHT SETTING** 時間/重量設定：使用此按鈕以設定煮食時間。
11. **START** 開始：輕按此按鈕以啓動微波爐功能。
12. **KITCHEN TIMER** 計時器：此時間掣以秒鐘倒數計時。

微波爐透視圖



設定時鐘

閣下可以設定12小時或24小時的時鐘。在下列的例子，我們會示範如何在24小時國際時間上，設定14:35的時間，請確保從微波爐內移除所有包裝材料。



當首次接駁微波爐電源或當停電後電力恢復時，在顯示屏會出現「0」字樣，閣下便須要重設時鐘。

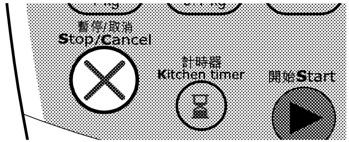
若時鐘(或顯示屏)出現特別的符號，請從電源插座中拔出插頭，並重新插回插頭，重設時鐘。

在設定時鐘時，會出現閃爍的冒號符號，當設定完畢後，冒號會停止閃爍。

1

請確保按照本說明書正確安裝微波爐。

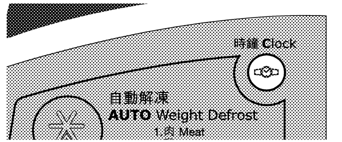
按下**STOP/CANCEL**「暫停/取消」鍵。



2

按**CLOCK**「時鐘」一次。

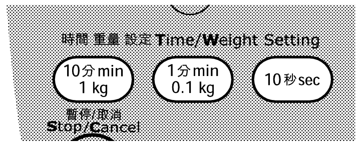
若你想使用12小時的時鐘，請按下**CLOCK**「時鐘」多一次。
當時鐘設定完畢後，若你想改變不同的選擇，便須拔出插頭，然後再次插入電源插座去。



3

按**10 MIN**「10分」十五次。
按 **1 MIN**「1分」三次。
按**10 SEC**「10秒」五次。

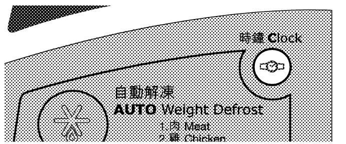
若持續按下(**10 MIN**/**1 MIN**/**10 SEC**)「10分/1分/10秒」鍵，時間會迅速增加。



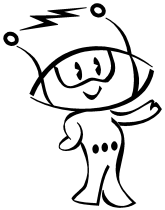
4

按下**CLOCK**「時鐘」設定時間。

時鐘開始計時。

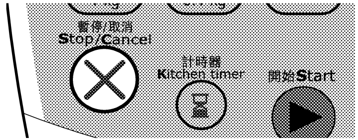


兒童鎖



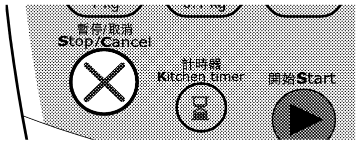
閣下的微波爐已備安全設施 ，可防止意外開動微波爐。當兒童鎖一旦被設定，任何功能亦不可使用及不能進行煮食。但是孩子們依然可以開啓爐門。

1. 按**STOP/CANCEL**「暫停/取消」鍵。

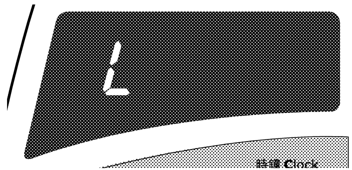


2. 保持按下**STOP/CANCEL**「暫停/取消」鍵直至“**L**”在顯示屏出現並聽到㗎一聲響。
現在已設定**CHILD LOCK**兒童鎖功能。

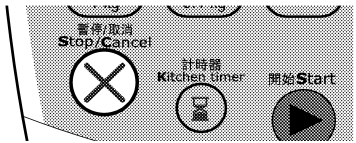
若你設定時鐘 ，時間會在顯示屏消失。



3. “**L**”會持續在顯示屏出現 ，令閣下知道已設定**CHILD LOCK**兒童鎖功能。

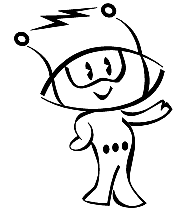


4. 若要取消**CHILD LOCK**兒童鎖功能 ，請持續按下**STOP/CANCEL**「暫停/取消」鍵直至“**L**”消失。
當兒童鎖被解除 ，你會聽到㗎一聲。



微波爐火力烹調

在下列例子，我們將會示範使用80%的火力，烹煮5分鐘30秒的方法。
請確保按照本說明書正確安裝微波爐。

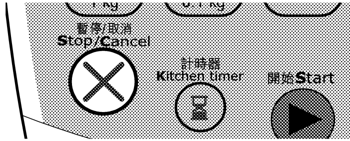


閣下的微波爐設有5段微波火力。微波火力已預設爲高火力，但重覆按下**MICRO**「微波火力」按鍵，可選擇不同的火力水平。

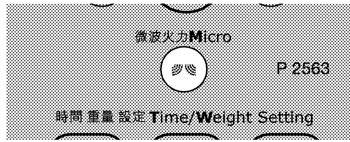
火力	按 **MICRO**「微波火力」	%
最高	1 次	100%
中高	2 次	80%
中	3 次	60%
解凍／中低	4 次	40%
低	5 次	20%

1. 請確保按照本說明書正確安裝微波爐。

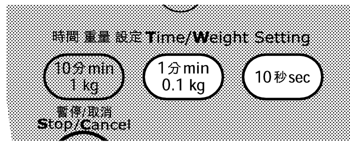
   按**STOP/CANCEL**「暫停/取消」鍵。



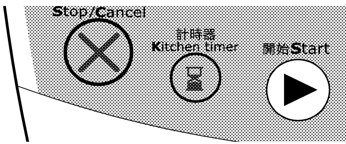
2. 按**MICRO POWER**「微波火力」鍵兩次以選擇80% 的火力。
   在顯示屏出現P-80。



3. 按**1 MIN**「1分」五次。
   按**10 SEC**「10秒」三次。



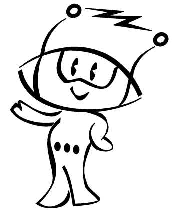
4. 按**START**「開始」鍵。



微波爐火力級數

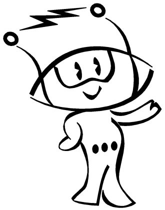
閣下的微波爐備有5種火力供選擇，能讓你在烹調過程中，有最大的自由度和控制度。
下表是食物和建議使用火力的例子。

火力	火力輸出	用途
高	100%	* 煲水 * 將免治牛肉，變成深褐色 * 烹煮家禽肉塊、魚類、蔬菜 * 烹煮鮮嫩肉塊
中高	80%	* 翻熱 * 烤肉和家禽 * 烹煮蘑菇和貝殼類 * 烹煮含有芝士和蛋的食物
中	60%	* 焗蛋糕和鬆餅 * 煮蛋 * 烹煮蛋奶 * 烹煮飯和湯
解凍／中低	40%	* 解凍 * 溶解牛油和巧克力 * 烹煮不太嫩滑的肉塊
低	20%	* 軟化牛油和芝士 * 軟化雪糕 * 發起酵母麵團



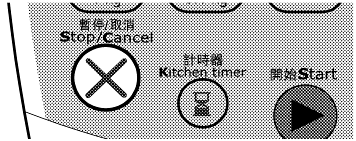
快速烹調

在下列例子，我會示範以高火力，烹煮食物2分鐘的方法。

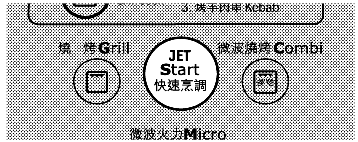


輕按**JET START**「快速烹調」鍵，你可在每按30秒的情況下，以高火力烹煮食物。

1. 按**STOP/CANCEL**「暫停/取消」鍵。



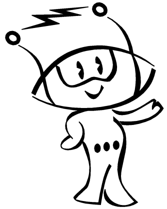
2. 按**JET START**「快速烹調」鍵四次以選擇在高火力烹調2分鐘。
在你完成第四次按鍵之前，微波爐已開始操作。



3. 在**JET START**「快速烹調」烹煮過程中，只要重複按下**JET START**「快速烹調」鍵，
你可以延長烹煮時間至10分鐘。

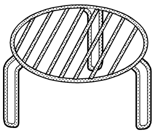
燒烤烹調

在下列例子，我會示範如何使用燒烤方法，以12分鐘30秒的時間烹煮食物。



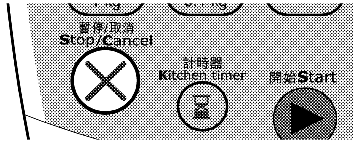
本型號安裝有**SHEATH GRILL**，故此無須進行預熱。

本功能可迅速脆焗食物。

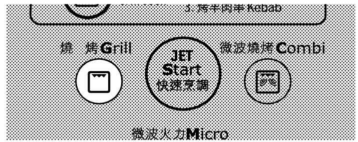


烤架

1. 按**STOP/CANCEL**「暫停/取消」鍵。

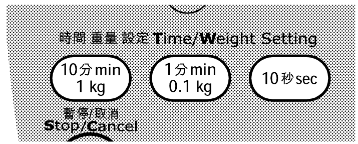


2. 按**GRILL**「燒烤」鍵。

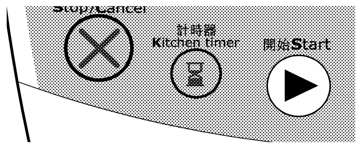


3. 設定烹煮時間。

   按**10 MIN**「10分」一次。
   按**1 MIN**「1分」兩次。
   按**10 SEC**「10秒」三次。

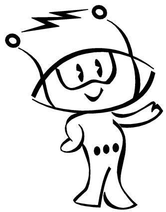


4. 按**START**「開始」鍵。



混合烹調

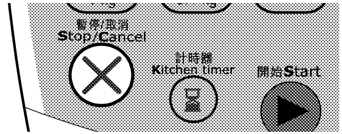
在下列例子，我將示範如何使用編程的混合模式Co-3，烹煮食物25分鐘。



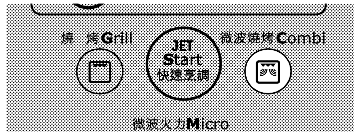
閣下的微波爐具有混合烹調功能，你可以同時使用加熱器和微波烹煮食物(或交替使用)，這可以令烹煮時間更迅速。

塗層加熱器能烤焗食物表面成爲金黃色，而微波則加熱食物內部，而且，不須預熱微波爐。

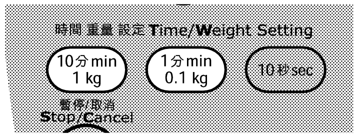
1. 按**STOP/CANCEL**「暫停/取消」鍵。



2. 按**COMBI**(混合模式)三次。
在顯示屏出現“Co-3”字樣。

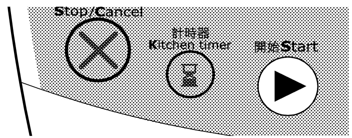


3. 設定烹煮時間。
按**10MIN**「10分」兩次。
按**1MIN**「1分」五次。



4. 按**START**「開始」鍵。

當移走食物時，請小心處理，因容器會很熱。

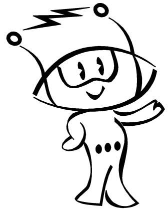


混合烹煮模式

類別	微波火力	加熱器火力
Co-1	12 秒	48 秒
Co-2	18 秒	42 秒
Co-3	30 秒	30 秒

自動烹調

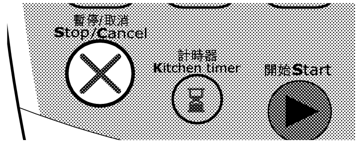
在下列例子，我會示範給大家看如何煮飯。



只須選擇食物種類，**AUTO COOK**「自動烹調」功能，能讓你輕鬆烹調大部份你喜愛的食物。

注意：
當使用**AUTO COOK**「自動烹調」功能烹煮蔬菜時，只可使用微波模式，但烤焗肉類時，燒烤和微波功能會交替使用。

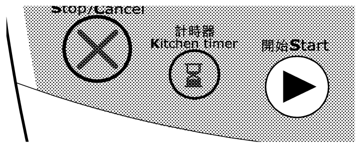
1. 按下**STOP/CANCEL**「暫停/取消」鍵。



2. 按下食物種類的**AUTO COOK**「自動烹調」鍵，在這個例子，請按下**FOOD TYPE**「主食」一次。



3. 按下**START**「開始」鍵。



自動烹調指南

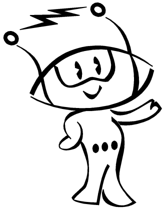
種類	食物	食物重量	容器	方法
主食	米飯	350克米， 550毫升的水	深和大的碗／連蓋	清洗白米後，倒入深和大的微波碗內(約3公升)，請加蓋烹煮。當烹煮完畢後，請輕輕攪勻，然後加上蓋，讓容器停放5分鐘。
	粥	100克米， 1200毫升的水	深和大的碗／連蓋	清洗白米後，倒入深和大的微波碗內(約3公升)，請加蓋烹煮。當烹煮完畢後，請輕輕攪勻，然後加上蓋，讓容器停放5分鐘。
	即食麵	1包麵. 400毫升水	碗／連蓋或包裝盒	根據包裝盒上的烹調方法，使用室溫的水。
微波烹調	蒸蛋	3隻雞蛋，90立方公升的水 3隻剝殼蝦、蟹肉、雞湯、 鹽、酒	碗／連蓋或包裝盒	將所有材料放在微波碗內混合，輕輕拌勻，然後加蓋烹煮。
	蒸魚	500克全條魚，酒，薑， 鹽，蔥，湯	碟／包裝盒	清洗魚身，去鱗，在魚身割數刀，然後灑上湯汁，鹽和酒，撒上薑片和將蔥條放在上面，然後加蓋蒸煮。
	燜雞	500克半隻雞，600毫升的水，50克棗，15克中國薄葉西方雪果，5顆龍眼，3-5克人參 15克黃酒， 方糖，蔥，湯。	深和大碗／連蓋	清洗及將所有香草浸入600毫升的水最少2小時。將半隻雞斬成四塊至六塊的雞件。將雞塊和調味料放入預先浸過的香草中，然後加蓋烹煮。

自動烹煮指南

種類	食物	食物重量	容器	方法
燒烤	燒雞	全雞一隻 1.1-1.2千克	微波爐適用的碟	洗淨全隻雞及弄乾。用調味料在室溫將雞浸漬30分鐘。將雞放在微波爐適用的碟上，不須加蓋，然後烤焗。在烤焗過程中，若聽到咇聲，將雞翻轉，然後按START「開始」鍵。
	燒魚	全魚一條 約300克	烤架	用豉油塗在魚身上，然後放在一旁等待30分鐘。將魚放在烤架上，不須加蓋。在烤焗過程中，若聽到咇聲，便翻轉魚身，然後按START「開始」鍵。
	烤肉串	8-10枝烤肉扦 約300克	烤架	將烤肉串從包裝袋取出，將肉串放在烤架上，不須加蓋然後燒烤。在烤焗過程中，若聽到咇聲，便翻轉肉串，然後按START「開始」鍵，燒烤完畢後，請停放一會兒。

自動解凍

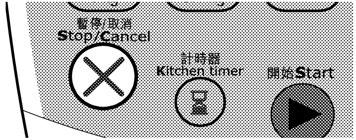
食物的溫度和密度各不相同，我會建議閣下在烹煮之前，先檢查食物的特性，請特別注意大塊的肉類和雞塊。有一些食物在烹煮之前，不應完全解凍，例如魚類較易熟透，所以在烹煮前，魚身應稍微冰鮮，效果可能更佳。在下列例子，我會示範給大家看，如何解凍一隻1.4千克重的雪雞。



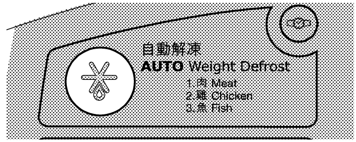
閣下的微波爐設有3種微波解凍設定：魚、雞類和魚類，每種解凍的類別，都有不同的火力設定。重複按下**AUTO DEFROST**「自動解凍」鍵以選擇不同的設定。

種類	按下 **DEFROST**「解凍」
肉類	1 次
雞類	2 次
魚類	3 次

1. 按下**STOP/CANCEL**「暫停/取消」鍵 先將解凍的食物磅重，請確保除去所有的金屬帶結或包裝紙，才將食物放入微波爐內，然後關上爐門。

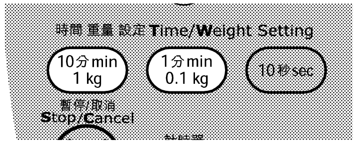


2. 按**AUTO DEFROST**「自動解凍」兩次以選擇**CHICKEN**「雞類」解凍程式，在顯示屏會出現"**dEF2**"字樣。

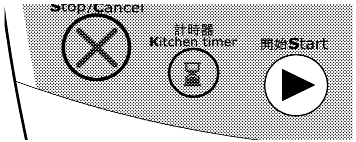


3. 輸入要解凍食物的重量

   按**1 KG**千克一次
   按**0,1 KG**千克四次。



4. 按**START**「開始」鍵一次。



5. 在解凍期間，爐具會發出�聲。(在解凍任何階段開啓爐門)，請翻轉和分開食物以確保均勻解凍。移去解凍後的肉塊或蓋著它們以減緩解凍速度。檢查完畢後，請關閉爐門及按下**START**「開始」鍵恢復解凍過程，除非你打開爐門，否則微波爐會繼續進行解凍程序(即使發出吡聲)。

自動探測重量解凍

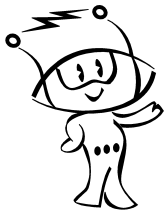
食物	重量	器皿	食物
肉類 **雞類** **魚類**	0.1至4.0千克	微波器皿 (扁平碟子)	**肉類** 免治牛肉﹑去骨牛排﹑炖肉粒﹑西冷牛排﹑罐焗肉卷﹑烤後臀肉﹑漢堡牛肉﹑豬排﹑羊排﹑烤肉卷﹑香腸﹑吉列(厚2厘米) 當“吡”聲響時﹐將食物翻轉。 解凍後﹐讓食物停放5至15分鐘。
			雞類 雞全隻﹑雞腿﹑雞胸﹑火雞胸(重量少於2千克) 當“吡”聲響時﹐將食物翻轉。 解凍後﹐讓食物停放20至30分鐘。
			魚類 魚柳﹑魚排﹑整條魚﹑海鮮 當“吡”聲響時﹐將食物翻轉。 解凍後﹐讓食物停放10至20分鐘。

* 自動探測重量解凍功能的優點﹐在於其全自動的設定與解凍監控功能。但正如一般傳統的解凍程序﹐你必需在解凍期間﹐經常檢查食物的狀態。
* 要達至最佳效果﹐應先將魚類﹑貝殼類﹑肉類及家禽類的包裝紙或包裝膠袋(保鮮紙)移去。否則﹐包裝紙會將蒸汽及肉汁﹐鎖緊在肉類表面﹐將外皮首先煮熟。
* 將食物放在淺平的玻璃烤碟內﹐以保留滴下的肉汁。
* 當食物從微波爐移走時﹐食物的內部﹐在某程度上仍是冰冷的。
* 如果食物的包裝紙難於去除時﹐應先將有包裝紙的食物﹐用四分之一的總解凍時間(在解凍循環周期的初段展示出來)來解凍。然後將食物從微波爐取出﹐將包裝紙移除。
* 解凍前﹐麵包塊應放在廚房用的毛巾之間解凍﹐而麵包卷則應切開兩半。



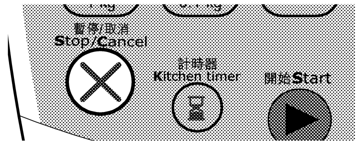
計時器

在下列例子，我會示範如何將計時器設定15分鐘。

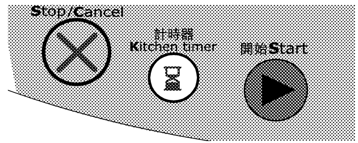


閣下的微波爐具備計時器功能，但它也可用作非煮食用途。當*計時器*獨立使用時，微波爐不會運作。*計時器*以秒鐘倒數計時。

1. 按下**STOP/CANCEL**「開始/取消」鍵。

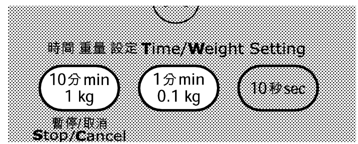


2. 按下**KITCHEN TIMER**「計時器」鍵。



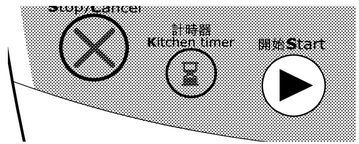
3. 輸入你倒數計時的時間
按下**10 MIN**「10分」一次。

按下**1 MIN**「1分」五次。



4. 按**START**「開始」鍵。

微波爐在没有烹煮和加熱的情況下，進行倒數計時，並在顯示屏顯示出來。在倒數的最後階段，在顯示屏會出現“End”字樣和發出呲聲響。



重要安全守則

請小心閱讀，並將本説明書妥善保存，以備將來參考

警告

請確保所設定的烹調時間是正確無誤，過長的烹調時間或會引起火警及持續對微波爐造成損毀。

1. 切勿撥弄微波爐的爐門、控制板、安全聯鎖開關或其他部分，或嘗試進行任何形式之調整或修理。任何人士將微波爐的機罩(用以防止微波能量外洩)移除以進行維修或修理，可能會發生危險。維修程序應由合資格的技術人員進行。

2. 微波爐没有放入食物或飲料時，切勿開始運作。當不使用微波爐時，請將一杯清水放進爐內，當微波爐被意外啓動時，清水便能將微波能量吸收。

3. 切勿將微波爐用作乾衣用途，若衣物被長時間加熱後，將會被碳化甚至燒毀。

4. 除非你的烹飪書印有某類食品的明確指示，否則烹調食物時，切勿用紙巾包裹食物。

5. 烹調食物時，切勿用報紙代替紙巾。

6. 切勿使用木製器皿，它們或會在加熱後升溫及燒焦。切勿使用鑲嵌了金屬物質(如金或銀)的陶瓷器皿。必需除去所有金屬繫繩，因微波會令金屬產生弧光，可以引致微波爐嚴重損毀。

7. 切勿將廚房用毛巾、餐巾或其他任何物件，阻礙爐門與微波爐前沿之間的位置，以免洩漏微波能量。

8. 切勿使用再造紙產品，以免當中滲有雜質，引致在微波煮食的過程中，產生火花和／或火警。

9. 烹調食物後，切勿立即將轉盤放入水中清洗，否則會令轉盤破裂或損毀。

10. 烹調少量食物時，所需的烹調或翻熱時間亦較短。若使用一般的烹調時間，或會使食物過熱和燒焦。

11. 請確保爐門的正面方向，距離邊沿最少有8厘米或以上的空間，以防止電器意外翻側。

12. 烹調食物前，應先將馬鈴薯、蘋果或任何此等水果及蔬菜的表皮刺孔。

13. 煮雞蛋前，請先去殼，否則壓力會在殼內形成，令雞蛋爆破。

14. 切勿嘗試在微波爐內油炸食物。

15. 烹調或解凍前，應先將包裹食物的保鮮紙除去。但在某些翻熱或烹調的過程中，食物則應以微波爐適用的保鮮紙包裹著。

16. 如果爐門或門的封條已損毀，則切勿使用微波爐，直至合資格的技術人員，將微波爐修理妥當。

17. 如發現冒煙現象，先將微波爐關掉或切斷電源，並將爐門緊閉以阻隔火焰。

18. 用膠質、紙製或其他易燃的即棄器皿來翻熱或烹調食物時，請經常檢查微波爐以防止器皿被微波損毀。

19. 只有提供足夠的指引情況下，小童方能在没有成人監管下使用本微波爐。使用前必須確保小童能安全使用本產品，並明白誤用所帶來的危險後果。

20. 切勿利用微波爐翻熱密封器皿內的食物或液體，否則會導致爆炸的危險。

微波爐適用容器

在微波爐內切勿使用金屬或金屬修邊的容器

微波不能穿透金屬，在微波爐內，微波會從金屬物反彈形成弧光，就像閃電等危險現象一樣。

大部份防熱的非金屬煮食器具，都可安全在微波爐內使用。但是，他們當中可能有些物料，令到他們不適用於微波爐內。若閣下有任何疑問，有一個簡單方法，可測試容器是否能安全在微波爐內使用。

請將有懷疑的容器，放在盛滿水的玻璃碗側，將微波爐設定在HIGH(最高火力)約一分鐘。若水變熱但容器仍然清涼，即表示它適合在微波爐內使用。但是，若水溫沒有改變，而容器則變得溫熱，表示微波被容器完全吸收，那麼，便不適合在微波爐內使用。你可能已有許多容器，能安全在微波爐內使用，請檢查下列名單:

餐盤

大部份的餐具，都適合在微波爐內使用。若有懷疑，請參閱製造商的説明書或進行上述的微波測試。

玻璃器皿

若玻璃是防熱的專用微波爐器皿，即代表它能安全在微波爐內使用。這包括所有能在焗爐內使用的强化玻璃器皿，但是不要使用易碎的玻璃水杯或酒杯，因食物變熱時，玻璃可能碎裂。

塑膠容器

可以作迅速加熱食物之用。但不要在焗爐內長時間使用，因熱力傳到食物上，最終會令塑膠物料溶解。

紙張

只要烹煮時間較短，食物脂肪和水份不多，紙碟是可安全及方便在微波爐內使用的。用紙巾包裹食物或放在焗盤下，烤焗諸如香腸等多油脂的食物，是非常方便和有效的方法。一般而言，切勿使用有顏色的紙張，因它會褪色。一些可循環再用的紙張，當中也許會有雜質，可能在微波爐內造成弧光或火災。

塑膠烹調袋

只要它是爲煮食而設的專用袋，塑膠烹調袋也可安全在微波爐內使用。但是，切記在膠袋上割一裂口，能讓蒸汽釋出。
切勿使用非微波爐專用的塑膠袋作烹煮用途，因它們會溶解和爆裂。

微波爐專用塑膠器皿

不同型狀和尺寸的微波爐專用塑膠器皿，都可在市場找到。閣下現有的大部份器皿都可使用，不須額外花費添置新的器皿。

陶器，石器和陶瓷器皿

上述的容器，都可安全在微波爐內使用，但必須經測試，才可安全使用。

警告

容器若含高度的鉛和鐵成份，便不適合作烹調器皿之用。
應小心檢查容器，確保它們能安全在微波爐內使用。

食物特性及微波烹調

經常檢視食物

儘管食譜的指引已經過審慎制定，但成功的烹調，還需依靠你對烹調中食物的注意程度。在烹調過程中，請經常檢查食物。當閣下使用微波爐時，爐內所配備的燈泡會自動亮起，以讓你檢視微波爐的內部及食物的烹調進度。食譜內的指示，如將食物擱起、攪拌等程序，應視爲最少的建議步驟。若發現食物未被均勻烹調，你只需自行作出適當的調節，來改正問題便可。

影響微波烹調時間的因素

多種因素均可影響烹調時間。食譜中材料的溫度，大大影響烹調時間。例如，一個用雪藏牛油、牛奶及蛋來焗製的蛋糕，所需要的時間，在很大程度上，會較使用室溫中的材料爲長。書中所有食譜，均提供烹調時間的範圍。一般來說，較低的時間範圍，你會發現食物仍未熟透。有些時侯，你可以根據個人喜好，將食物的烹調時間，稍爲超越所建議的最長時間。由於過份烹調會損壞食物，所以此書的指導準則，只是建議的烹調時間，並作出較保守的估計。某些食譜，特別是焗製麵包、蛋糕及蛋奶，在稍爲未煮透的情況下，便要從爐中取出，這並非不適當，只要讓糕點停放一會兒(一般都是加蓋)，留存在食物表面的熱能，會逐步傳到食物內部，並爲離開微波爐的食物，延續烹煮過程。如果食物一直被微波烹調至熟透，食物的外層會被過份烹調或甚至燒焦。閣下對各類食物的烹調及停放的預計時間，將會熟能生巧。

食物的密度

輕巧而多孔的食物，如蛋糕及麵包，所需的烹調時間，會較重而密度高的食物如烤肉及煲仔菜爲短。使用微波爐時，你必需小心處理多孔的食物，以免食物的表層因變乾而碎裂。

食物的高度

高身食物的上層部份，特別是燒烤食物，比較低部份更快被煮熟。因此，在烹調的過程中，最好能將高身食物翻轉數次。

食物中的水份

由於微波發出的熱能會將水份蒸發，較乾身的食物，如烤肉及某些蔬菜，在烹調前，應先灑上水或加蓋以保存水份。

附有骨頭和脂肪的食物

骨頭能導熱，而脂肪比肉類更快被煮熟。當烹調附有骨或脂肪的肉類時，要留心食物有否被均勻煮熟或過份烹調。

食物的數量

微波爐中的微波數量，不會因食物的數量而有所增減。故此，烹調較多食物時，所需的時間亦較長。謹記一點，若將食譜份量減半時，烹調時間則最少要減去三分之一。

食物的形狀

微波只會滲入食物內部約2厘米的深度，厚身食物的內部，全靠食物表面的熱能，由外傳送至內來加熱煮熟。只有食物的表面，是被微波直接煮透，其他部分則靠傳導方式來烹煮。厚方形狀的食物，是最難被微波烹煮的，因爲當食物的中心部分仍是暖時，邊角部份已被燒焦。圓而薄的食物及環狀的食物，可圓滿地被微波烹調。

加蓋

蓋子能保存熱力及蒸汽，並將食物迅速煮熟。將蓋子或微波爐專用的保鮮紙一角摺起，可防止爆裂情況發生。

脆焗成金黃色

肉類及家禽在經過15分鐘或以上的烹調後，憑其本身脂肪的燃燒，便能稍微轉爲金黃色。用較短時間烹調的食物，可以塗上醬油，如辣醬油、豉油或燒烤醬以增加令人垂涎的色澤。由於只是塗上極少量的醬油，食譜原來的味道將不受影響。

蓋上防油紙

防油紙能有效地防止食物濺污微波爐，並保存食物的熱能。但由於它未如蓋子或保鮮紙那樣密封，因而會令食物略爲變乾。

安排位置及預留空間

將個別食物如焗馬鈴薯、迷你蛋糕及冷盤，平均擺放在微波爐內，並預留相約空間，最理想是繞成一圈，使食物被均勻加熱，切勿將食物重疊擺放。

攪拌

攪拌是微波煮食中其中最重要的一環。在傳統的烹調中，攪拌的用處在於混和食物。但用微波煮食，攪拌則能將熱能擴散及重新分配。由於外圍的食物將先被加熱，所以攪拌程序應由外至內進行。

翻轉

應將大而高身的食物，如烤肉及雞全隻翻轉，以便食物的頂部及底部，能被均勻煮透。切件雞肉及排類，亦應加以翻轉烹調。

將較厚的部分向外

由於食物的外部吸引微波，照理應將肉類、家禽及魚類較厚的部分，放在烤碟邊沿位置。這樣做法，較厚的部分，會得到最多的微波能量，食物便能被均勻烹調。

覆蓋

將錫紙(能阻隔微波)包裹著方形或長方形食物的角位或邊位，以防被過度烹調。切勿使用過量錫紙，並確保錫紙是緊包著碟子，否則會引致弧光。

擱起

將厚身或密度高的食物擱起，微波就能傳送至食物的底部及中心位置。

刺孔

被殼、皮或薄膜包裹著的食物，除非在烹調前已被刺孔，否則會引致爆裂。此類食物包括蛋黃及蛋白、蚌、蠔、全棵蔬菜及水果。

測試煮透程度

微波能將食物快速煮熟，所以必須經常檢視。有些食物須留在微波爐內，直至完全煮熟，但大多數的食物，包括肉類及家禽，在還未被完全煮透時，便可從微波爐取出，讓它們在停放時間內，完成烹調程序。在停放期間，食物的內在溫度，將提升5°F(3°C)至15°F(8°C)不等。

停放時間

從微波爐取出食物後，應再停放3至10分鐘。除非食物質地屬乾身(如某類蛋糕、餅乾)，一般來說，在停放期間，應蓋好食物以保存熱能。停放時間讓食物完成烹調過程，並有助調味料混和及變得更芳香。

清理你的微波爐

1 **保持微波爐內部清潔**

食物濺出或溢出的汁液，將黏附在微波爐的內壁上及封條和爐門表面之間，這時，應以濕布直接將溢出物抹去。碎屑及溢出物會吸收微波能量，並延長烹煮時間。用濕布將爐門與門框中的碎屑抹去，便能確保此位置的密封度。先用浸泡了肥皂的布來清理油性濺出物，然後待乾。切勿使用刺鼻的洗滌劑或腐蝕性的清潔用品，玻璃轉盤可用手洗或用洗碗碟機來清洗。

2. **保持微波爐外部清潔**

用肥皂水及清水來清理微波爐的外部，再用軟布或抹手紙巾抹乾機身。要防止爐內的操作零件被破壞，切勿讓水從通風口滲入。當清理控制板時，應先將爐門打開，以防止微波爐被意外啓動；用濕布抹淨後，立刻用乾布抹乾控制板。清潔後，再按“STOP/CANCEL”「暫停/取消」鍵。

3. 如果蒸汽在爐門的內部或外部四周凝聚，可用軟布將面板抹淨。當微波爐在高濕度的地方使用時，此等現象或會出現，但並不代表本微波爐的功能失效。

4. 必須保持爐門及門封條清潔。但只可用和暖的肥皂水進行清潔，並徹底弄乾。
切勿使用帶有研磨性的物質如清潔劑或鋼絲刷及百潔布等清潔微波爐。
若經常用濕布清潔，可使金屬零件較易於保養。

問與答

問　若微波爐燈泡不發光，出了甚麼問題?
答　也許有數種原因，令燈泡不發光。
燈膽燒毀了
爐門未關閉

問　微波能否穿越爐門的玻璃?
答　不可以。在玻璃的微孔只可讓光穿透，微波不能穿越微孔。

問　當按下控制板的軟墊時，為何發出咇聲?
答　咇聲是代表適當輸入所有的設定。

問　若爐內是空的，當啓動微波爐時，會否造成損毀?
答　會，切勿啓動空置的微波爐或在没有玻璃轉盤時，使用微波爐。

問　為何雞蛋有時會爆裂?
答　當進行烤焗，油炸或水煮蛋時，蒸汽在蛋黃的薄膜累積，最後會因過熱而爆裂，為防止爆破情況，請先戳穿蛋黃，才可烹煮。切勿連殼烹煮雞蛋。

問　當微波烹煮後，為何推介使用停放時間?
答　當微波烹煮完畢後，在停放時間，食物內部依然在烹煮，若能讓食物停放一段時間，可讓熱力均勻分佈，烹調效果更佳。停放時間要視乎食物的密度而定。

問　可否在微波爐內進行爆玉米花?
答　可以，若使用下述其中一個方法即可。
(1) 爆玉米花專用的微波爐器皿。
(2) 預先包裝好的爆玉米花套裝，內裡說明爆玉米花所須的時間和火力。

請嚴格遵守製造商所規定爆玉米花的指引。當進行爆玉米花時，請在微波爐旁看守著。若經過建議的時間，玉米花仍然未爆開，請中止烹調，若過度烹調，會令玉米花起火。

警告
切勿使用棕色的紙袋，作爆玉米花之用，切勿嘗試爆開剩餘的核仁。

問　為何我的烹調時間不像烹調書所說的時間那樣快?
答　請再檢查烹調書的指引，看看自己是否正確跟從，並找出烹調時間不同的原因。食譜的建議時間和火力設定，只是建議性質，以防止出現過度烹煮的情況，過度烹調，是使用微波爐最普遍遇到的問題。食物不同的尺寸、形狀、重量和寬厚度，都須要不同的烹煮時間，請使用個人經驗和判斷，結合食譜的建議，測試食物的狀態，就像使用傳統的煮食爐具一樣。

警告

本電器必須接駁地線

主電源線內的電線會根據下列密碼著色
藍色——中線
棕色——火線
綠色和黃色——地線

當本微波爐的主電源線內的電線顏色與插頭線柱的顏色並不相符時，請按下列進行：

藍色電線必須連接到標有字母N或黑色線柱上。

棕色電線必須連接到標有字母L或紅色線柱上。

綠和黃色或綠色電線，必須連接到標有字母E或刻有 ⏚ 的線柱上。

若電源線損毀，必須由製造商或其代理或合資格的技術人員進行維修以防止發生意外。

技術規格

	P2563
電力輸入	220/230 V AC / 50Hz
輸出	900瓦（IEC60705評級標準）
微波頻率	2450 MHz
外部尺吋	512毫米(闊)X307毫米(高) X400毫米(深)
耗電量	
微波	1300瓦
燒烤	1000瓦
最大	1300瓦

Whirlpool®
Home Appliances

Star Service Hotline 24069138

www.whirlpool.com.hk

IFU0208P2563

P2563

P/No. 3828W5A2745